Book 4

The Spiritual Season

Project Booklet

Under the Guidance of Moulana Nabi R. Mir (Abidi)

Please recite a Sūrah al-Fātiḥah for
the sponsors of this project booklet.

Important dates in Rajab

1st	Wilādah of Imām Muḥammad al-Bāqir (ʿa)
1st	Wilādah of Sakīnah, daughter of Imām Ḥusayn (ʿa)
3rd	Shahādah of Imām ʿAlī an-Naqī (ʿa)
10th	Wilādah of Imām Muḥammad at-Taqī (ʿa)
13th	Wilādah of Imām ʿAlī (ʿa)
15th	Wafāt of Lady Zaynab, daughter of Imām ʿAlī (ʿa)
24th	Battle of Khaybar won by Imām ʿAlī (ʿa)
25th	Shahādah of Imām Mūsā al-Kāẓim (ʿa)
27th	Biʿthah and Miʿrāj
28th	Imām Ḥusayn (ʿa) begins journey to Karbalāʾ

Important dates in Shaʿbān

3rd	Wilādah of Imām Ḥusayn (ʿa)
4th	Wilādah of ʿAbbās, son of Imām ʿAlī (ʿa)
5th	Wilādah of Imām Zaynul ʿĀbidīn (ʿa)
13th	Wilādah of ʿAlī al-Akbar, son of Imām Ḥusayn (ʿa)
15th	Wilādah of Imām Muḥammad al-Mahdī (ʿaj)

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and go to **alkisafoundation.org/donate** to help us continue our efforts.
Please recite a Sūrah al-Fātiḥah for the marḥūmīn of those who contributed to this booklet.

INFORMATION AND INSPIRATION:

imam-us.org
islamicinsights.com
Let Me Learn About Aimmatiy from QFatima
al-islam.org

Krokotak: Lion Craft
Teachers Pay Teachers: Feelings Thermometer
Danielles Place: Layered Christmas Book
Islam From The Start: Areeza

بِسۡمِ اللّٰہِ الرَّحۡمٰنِ الرَّحِیۡمِ

Salāmun ʿalaykum,

May Allah (swt) bless us, our families, and our communities. My tabrīkāt, taḥiyyāt, best wishes, and congratulations to the Imām of our time, Imām al-Mahdī (ʿaj), our great marājiʿ and scholars, and to the Muslim ummah on the beginning of the spiritual season, the blessed months of Rajab, Shaʿbān, and Shahr Ramaḍān.

A plant does not suddenly appear out of nowhere. It begins as a seed and gradually grows in stages. But in order for a plant to be healthy, it must also receive adequate amounts of water, nutrients, and sunshine. In other words, it must be taken care of properly. One can analogize the soul in a similar manner.

In Islam, the purpose of a human's existence is to reach perfection, which is defined as closeness (qurb) to Allah (swt). Just as the spring season marks the regrowth of the plants, the month of Rajab marks the renewal of a person's soul and quest for union with Allah (swt). In this sense, Rajab is the month of reseeding our faith and relationship with Allah (swt). We nourish this seed with spiritual water and sun through various recommended ritual practices and by following the example and blueprint of the Prophet Muḥammad (ṣ) and his Ahlul Bayt (ʿa).

This seed eventually grows into a plant during the month of Shaʿbān. In this month, we continue to grow the plant by nourishing the soul with proper akhlāq and observing our duties towards Allah (swt).

These actions of renewal are to prepare us for the upcoming month of Ramaḍān. The month of Ramaḍān is critical in our quest to reach spiritual perfection and for our salvation as Muslims in the Hereafter. For a month of such importance, we want to enter it spiritually renewed so that we may take our relationship with Allah (swt) to the next level.

Let us therefore take advantage of these beautiful months of Rajab and Shaʿbān. Let us grow this seed of faith by following the example of the Noble Prophet (ṣ) and his Ahlul Bayt (ʿa) and serving the oppressed of the world through prayer and good deeds. By following the right role models and serving Allah's creatures all around the earth, we open the opportunity to finally reach communion with Him.

In honor of these blessed months, we are pleased to launch the Spiritual Season Project Booklet. This booklet includes six lesson plans that have been put together in collaboration with scholars and educators. We pray these projects will assist in planting the love and importance of these three months in our children.

Our humble request is to create a two-way connection by all of us sharing our expertise and experiences and avoiding duplicated work, in order to maximize our potential. Please share your ideas, experiences, and successes with us, so that together, we can all move forward and build a global network.

We pray that Allah (swt) gives us the tawfīq to fulfill our duties and responsibilities towards our children, the future generation of ambassadors of Islam in this part of the world.

Jazākallāh khayrā and best wishes,
Nabi R. Mir (Abidi)
Resident ʿĀlim of SABA Islamic Center

Planting a Seed

Objective: Children will learn about the Spiritual Season and why it is so important.

Today marks the beginning of a very special time of year known as the Spiritual Season. What does this mean? The months of Rajab and Shaʿbān, which fall during the Spiritual Season, are a time for us to enliven ourselves spiritually. Just as spring is the season of regrowth for plants, this is a season of renewing our souls in order to get closer to Allah (swt).

Think of carefully planting a seed into the ground. In the month of Rajab, we want to reseed our faith and relationship with Allah (swt). Then, we have to nourish the seed with water and sunlight. Through various recommended practices, such as fasting and following the example of the Ahlul Bayt (ʿa), we nourish our souls. This seed eventually grows into a plant during the month of Shaʿbān. In this month, we continue to nourish the soul with proper akhlāq and by observing our duties towards Allah (swt).

These actions of renewal are there to prepare us for the month of Ramaḍān. We want to make sure to begin the month of Ramaḍān spiritually renewed and ready for the cleansing of our souls during this month. Today, we are going to set up a special calendar that will help us keep track of our actions during this Spiritual Season.

You can refer to the Children's Daily Rajab Aʿmāl Checklist for some recommended practices.

Rajab and Shaʿbān Calendar

Suggested Ages: 5+

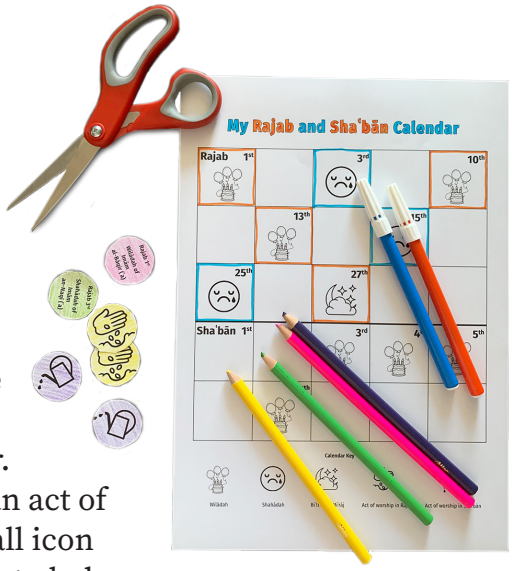
Time: 40 minutes

Materials:

- Calendar template
- Crayons/colored pencils
- Scissors
- Glue
- Small ziploc bag

Procedure:

1. Color and decorate the calendar and the small icons.
2. Carefully cut out the small icons and keep them in a ziploc bag.
3. As each day passes, match the events to the correct date and glue them onto the calendar. On the blank days, do an act of worship and glue a small icon on that day. Use the key to help determine which icon goes on each day.



My Rajab and Shaʿbān Calendar

Rajab 1st		3rd		10th
	13th		15th	
25th		27th		
Shaʿbān 1st		3rd	4th	5th
	15th			

Calendar Key

Wilādah

Shahādah

Biʿthah & Miʿrāj

Act of worship in Rajab

Act of worship in Shaʿbān

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Rajab 1st

Wilādah of Imām al-Bāqir (ʿa)

Rajab 3rd

Shahādah of Imām an-Naqī (ʿa)

Rajab 10th

Wilādah of Imām at-Taqī (ʿa)

Rajab 13th

Wilādah of Imām ʿAlī (ʿa)

Rajab 15th

Shahādah of Lady Zaynab

Rajab 25th

Shahādah of Imām al-Kāẓim (ʿa)

Rajab 27th

Biʿthah & Miʿrāj

Shaʿbān 3rd

Wilādah of Imām Ḥusayn (ʿa)

Shaʿbān 4th

Wilādah of ʿAbbās

Shaʿbān 5th

Wilādah of Imām Zaynul ʿĀbidīn (ʿa)

Shaʿbān 15th

Wilādah of Imām al-Mahdī (ʿaj)

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The Lion of Allah (swt)

Objective: Children will learn about one of Imām ʿAlī's titles.

The 13th of Rajab marks the wilādah of one of the greatest figures and role models in history. Imām ʿAlī (ʿa) was our first Imām (ʿa). He was the cousin and successor of our Noble Prophet (s), the husband of Sayyidah Fāṭimah (ʿa), and the father of Imām Ḥasan (ʿa) and Imām Ḥusayn (ʿa).

Imām ʿAlī (ʿa) has many titles that describe his different characteristics. One of his titles is "Asadullāh," which means the "Lion of Allah (swt)." Why do you think he was called the Lion of Allah (swt)? Imām ʿAlī (ʿa) fought in many battles to defend and protect Islam, such as the battles of Uḥud, Khandaq, and Khaybar, to name a few. In these battles, Imām ʿAlī (ʿa) stood out for his skillful fighting and immense bravery. He had no fear because he knew that he was fighting in the path of truth and Allah (swt) was his helper.

Beyond on the battlefield, Imām ʿAlī (ʿa) showed courage and strength when he was leading the Muslims after Prophet Muḥammad (ṣ) passed away. Even when he chose not to fight any physical battles, he stood for the truth and protected Islam with his wisdom and patience. Today, we are going to make a small project to help us remember Imām ʿAlī's title.

Lion Craft

Suggested Ages: 5+

Time: 40 minutes

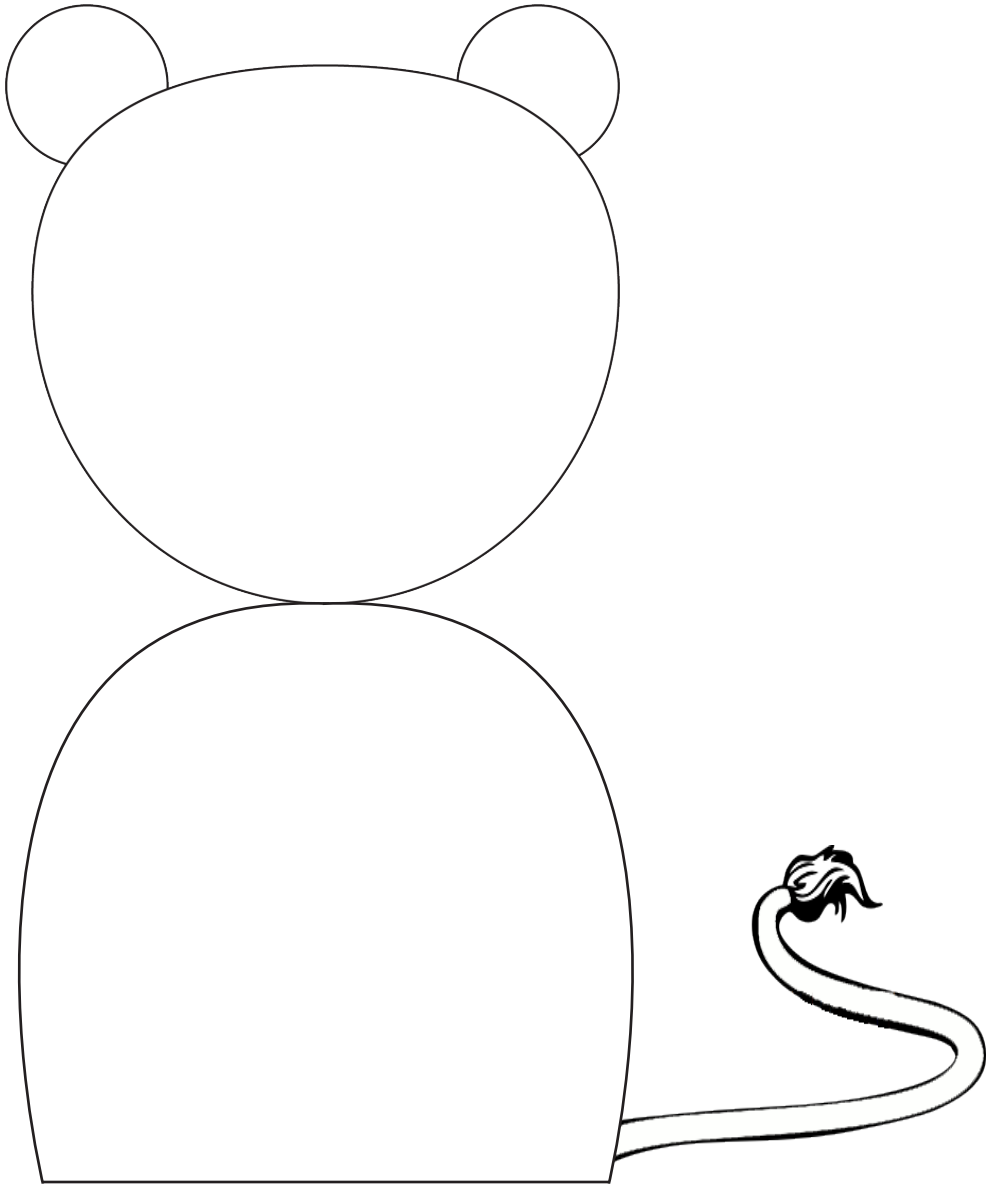
Materials:

- Lion template
- Orange paper (or whatever color you like)
- Crayons/Colored pencils
- Markers
- Scissors
- Glue

Procedure:

1. Color and decorate the picture of the lion however you like.
2. Take the orange construction paper and fold it in half lengthwise. Open it and cut along the fold line to make two long pieces.
3. Take one of the long pieces and fold it in half lengthwise.
4. Cut along the length of the folded paper at about every half inch, making small strips of paper.
5. With each piece still folded, glue the small strips of paper around the edge of the lion's head to create the mane.
6. Finish drawing and coloring the craft however you like.

Watch this video from Krokotak on how to make the craft.



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Speaking the Truth

Objective: Children will learn about Lady Zaynab and how she spread the message of Islam.

On the 15th of Rajab, we commemorate the wafāt of Lady Zaynab. She was the daughter of Sayyidah Fāṭimah (ʿa) and Imām ʿAlī (ʿa), the granddaughter of Prophet Muḥammad (ṣ), and the sister of Imām Ḥasan (ʿa) and Imām Ḥusayn (ʿa).

After the day of ʿĀshūrāʾ, Lady Zaynab gave several speeches, and these speeches passed on the message of Karbalāʾ and helped keep Islam alive. She talked about all of the wrongs that Yazīd had done to the family of the Prophet (ṣ) and to Islam. In her speeches, Lady Zaynab continued the mission of Imām Ḥusayn (ʿa) and made it clear that what the people had done was wrong.

At that time, there was no such thing as microphones and speaker systems. Lady Zaynab was so strong and eloquent in speaking that the whole crowd was able to hear her. When she spoke, the people thought it was Imām ʿAlī (ʿa) speaking! Today, we will remember her by making a symbol to represent her speech, and learn a small duʿāʾ to help us be strong in our speech.

Microphone Craft

Suggested Ages: 5+

Time: 40 minutes

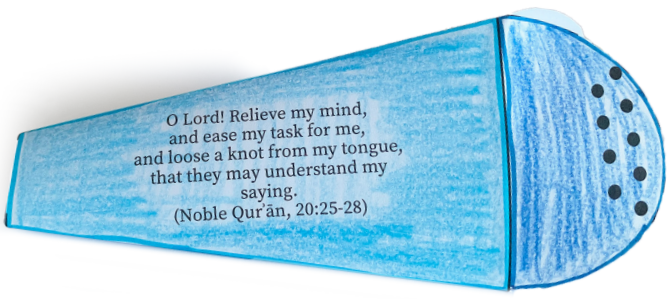
Materials:

- Microphone template
- Crayons/colored pencils
- Scissors
- Glue/tape

Procedure:

A
O Lord! Relieve my mind,
and ease my task for me,
and loose a knot from my tongue,
that they may understand my
saying.
(Noble Qur'ān, 20:25-28)

1. Color and decorate the microphone however you like.
2. Cut along the outermost outline, making sure to include the tab labeled A.
3. Lightly fold along the solid lines to make the shape of the microphone. Be sure the words are on the outside.
4. Glue or tape the tab labeled A to the inside of the other side.
5. Bend the top three pieces toward the center.
6. Once the microphone is complete, stand up and say, "My name is [insert name here] and I stand with Lady Zaynab."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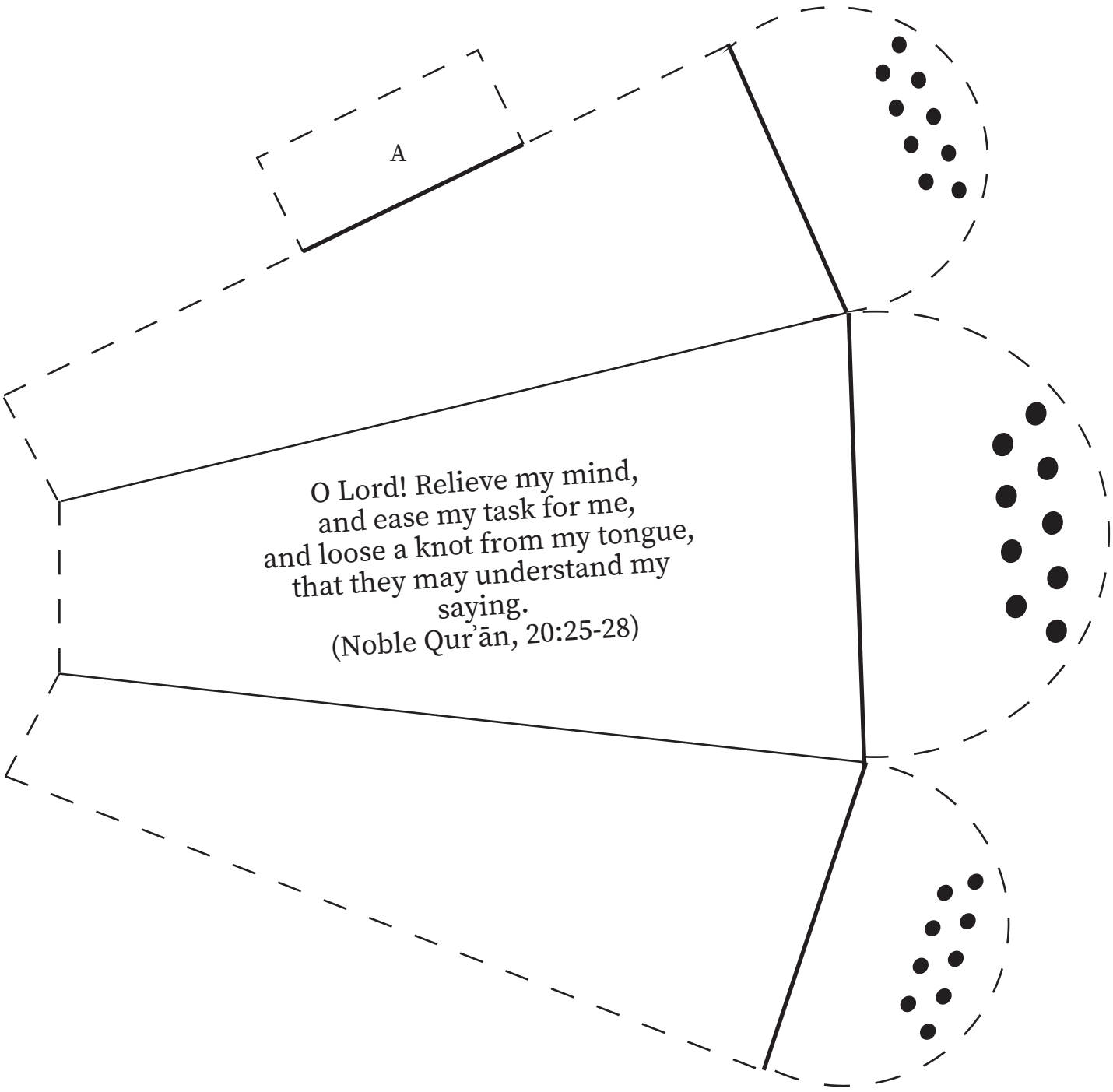
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The Key to All Evils

Objective: Children will learn about Imām al-Kāẓim (ʿa) and how to control our anger.

The 25th of Rajab is the shahādah of our 7th Imām (ʿa), Imām Mūsā al-Kāẓim (ʿa). His title, "al-Kāẓim," means "the one who swallows his anger." While all of the Maʿṣūmīn had patience in their times of struggle, Imām al-Kāẓim (ʿa) was known for controlling his anger and for his patience. He had to deal with the oppressive ruler of his time, who imprisoned the Imām (ʿa) for around 19 years. Despite all he went through, Imām al-Kāẓim (ʿa) remained patient, and his patience teaches us how to deal with our own struggles.

In one ḥadīth, Imām al-Kāẓim (ʿa) says, "Anger is the key to all evils."[1] When we let our anger take control of us, we risk doing something that could cause a lot of trouble for us or others. Now, it is natural to feel angry when something is bothering us, but we should not act on our anger. Instead, we should have patience and use our energy to deal with the situation. Today, we are going to make a feelings thermometer to measure our emotions and help us notice when we are getting angry.

You can read more about this story in the *Blessed Names Series*.

1 Tuḥaf al-ʿUqūl , P. 417

Feelings Thermometer

Suggested Ages: 5+

Time: 40 minutes

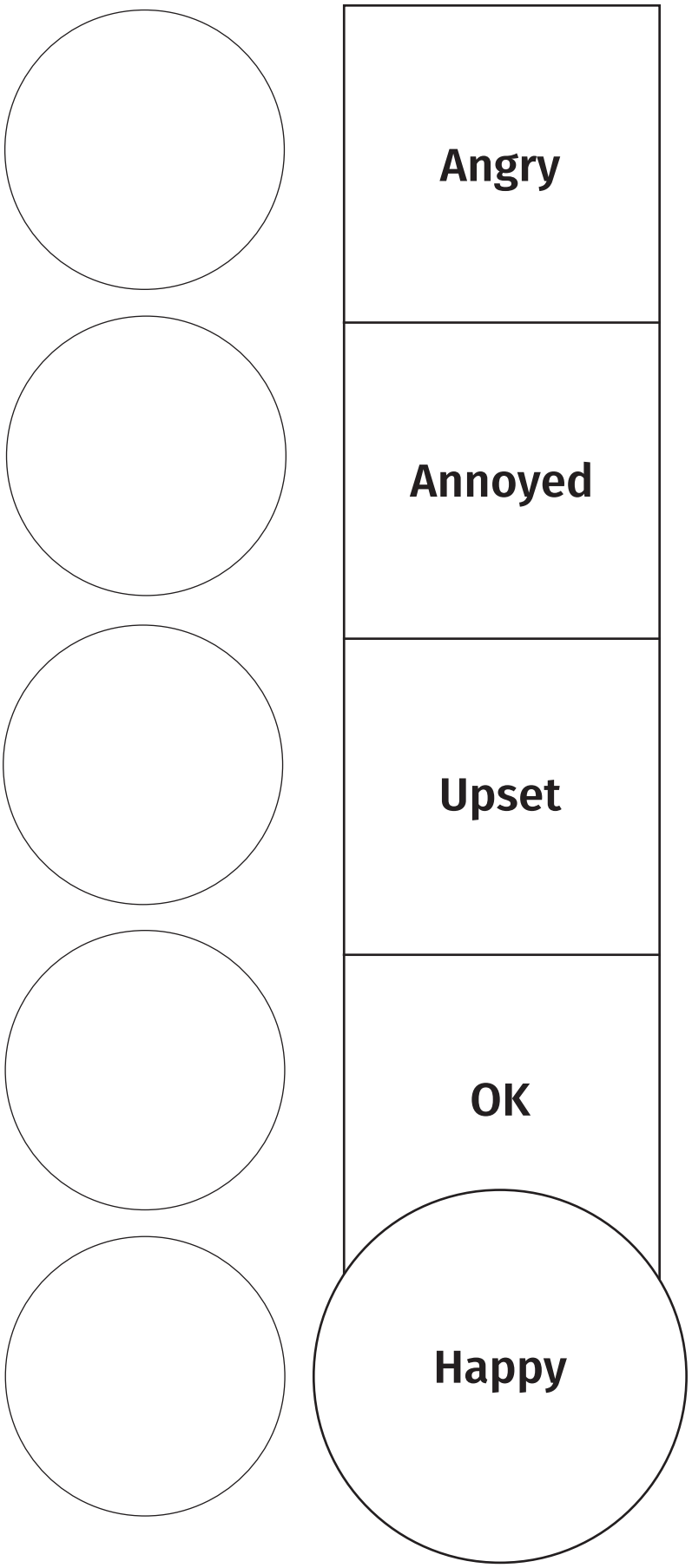
Materials:

- Thermometer template
- Crayons/colored pencils
- Scissors
- Glue/tape
- Optional: popsicle stick

Procedure:

1. Color the thermometer in the template. Pick a different color for each section of the thermometer based on that emotion (for example: Angry could be red).
2. Carefully cut along the dotted line next to the thermometer to make a slit. Be careful not to cut all the way down the paper.
3. Color the faces, key, and rectangle on the second page of the template.
4. Cut these out by cutting along the dotted edges.
5. Match the face to the emotion and glue on to the corresponding circle next to the thermometer.
6. In the blank space next to each circle, write 1 or 2 things you might do while feeling that emotion.
7. Take the rectangle, fold it in half along the line, and glue it together. Then glue this to the back of the key (optional: you can use a popsicle stick instead).
8. Now put the key through the slit of their paper and slide it up and down the thermometer.

Feelings Thermometer



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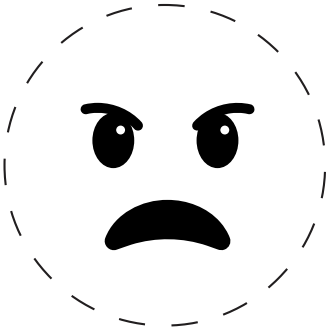

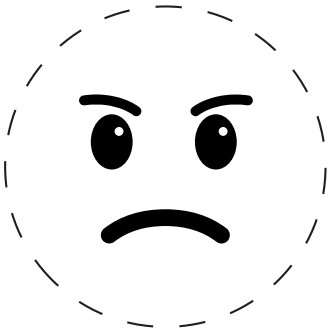

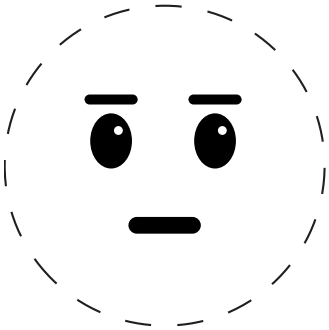

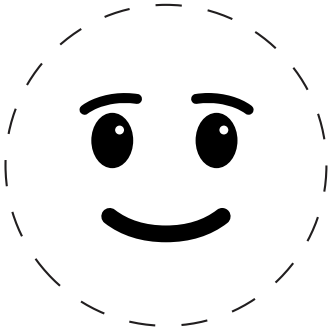

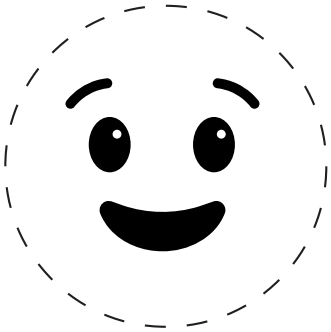

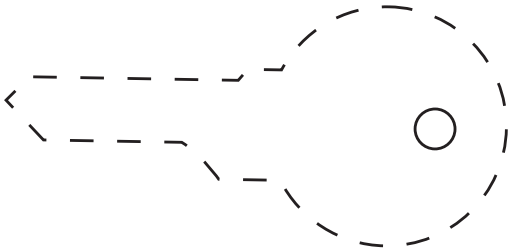

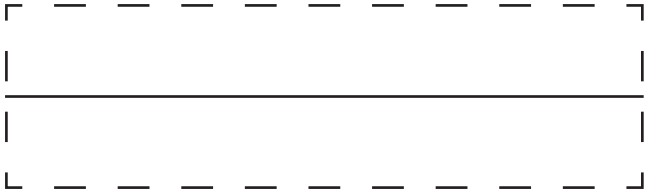

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The First Message

Objective: Children will learn about Biʿthah and the importance of reading Qurʾān.

The 27th of Rajab is a very special day in the Islamic calendar. On this day Prophet Muḥammad (ṣ) started his Prophethood and began teaching people about Islam. Alḥamdulillāh! It is such an important day for us because it is the start of the journey of Islam, a journey that we are a part of today.

Before he became Prophet, Prophet Muḥammad (ṣ) used to spend time in a cave on Mount Ḥirāʾ outside the city of Mecca. One day, while sitting in the cave, an angel appeared to him. It was Angel Jabrāʾīl, and he had come with the first message from Allah (swt)! It was the first verse of the Qurʾān to be revealed, which said, "Read in the name of your Lord who created."[1] From that day for the next 23 years, the verses of the Qurʾān were revealed to Prophet Muḥammad (ṣ) — the same Qurʾān that we read today!

The Qurʾān is an all-encompassing book. It includes the rulings of Islam, lessons of the Prophets (ʿa) and others in history, descriptions of manners we should have, and so much more. We should study the meanings of the Qurʾān and learn from its many lessons. The first step to do this is to recite it regularly. It is important to recite the Qurʾān as much as we can, even if we don't necessarily know all of the meanings. In this spiritual season, one of the many good acts of worship to do is recite the Qurʾān. As we grow older, we can slowly learn the meanings and lessons in order to understand what Allah (swt) is teaching us and to get closer to Him, inshāʾAllāh!

1 Noble Qurʾān 96:1

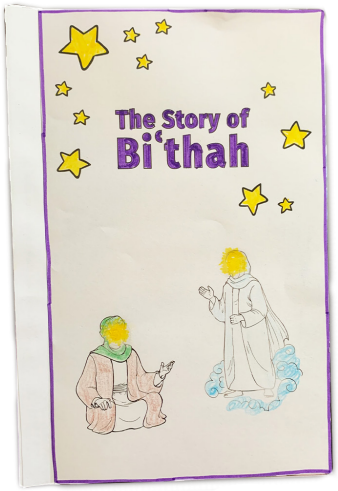
Biʿthah Layered Book

Suggested Ages: 5+

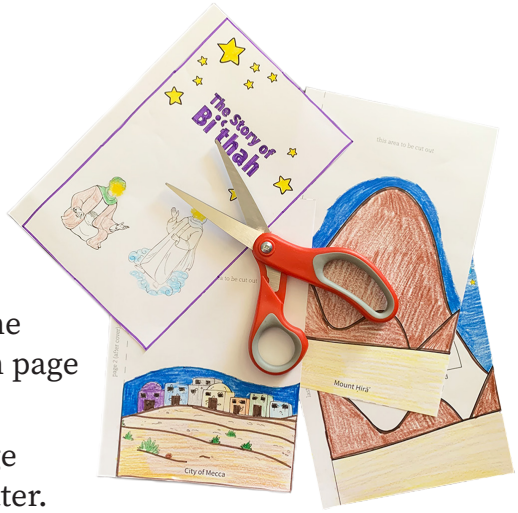
Time: 40 minutes

Materials:

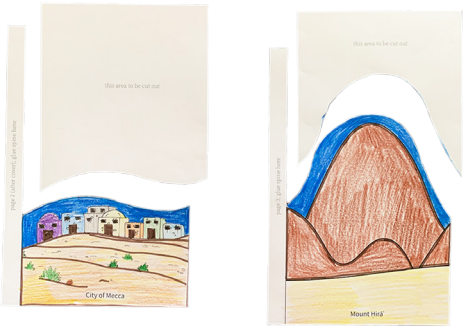
- Layered book template
- Crayons/colored pencils
- Scissors
- Glue
- Optional: stapler



Procedure:



1. Color and decorate the pictures in the template however you like. Note: some parts of some squares will be cut off or covered.
2. Cut all along the outer dotted edge on both pages of the template. Then cut along the dotted line dividing each page in half. This should make 4 pages of the book.
3. Put aside the cover page that has the title, and the page that has the moon and stars on it. They will be used later.
4. Take the page with the city on it and cut along the dotted lines. Be sure to leave the strip of paper on the left side.
5. Next, take the page with the mountain on it and cut along the dotted lines. Again, be sure to leave the strip of paper on the left side.



6. Now, arrange the pages in this order: 1.) cover page with the title, 2.) city page, 3.) mountain page, and 4.) moon and stars page.
7. Line up the pages and glue the left edges together. Be sure to keep the order the same (optional: staple the left edge of the book).
8. When you turn the cover page open, you should see the city, the mountain behind it, and the moon and stars at the very back. As you turn each page, the image of the event of Biʿthah will be revealed.
9. Finish coloring and decorating the book however you like.

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The Story of Bi'thah

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City of Mecca

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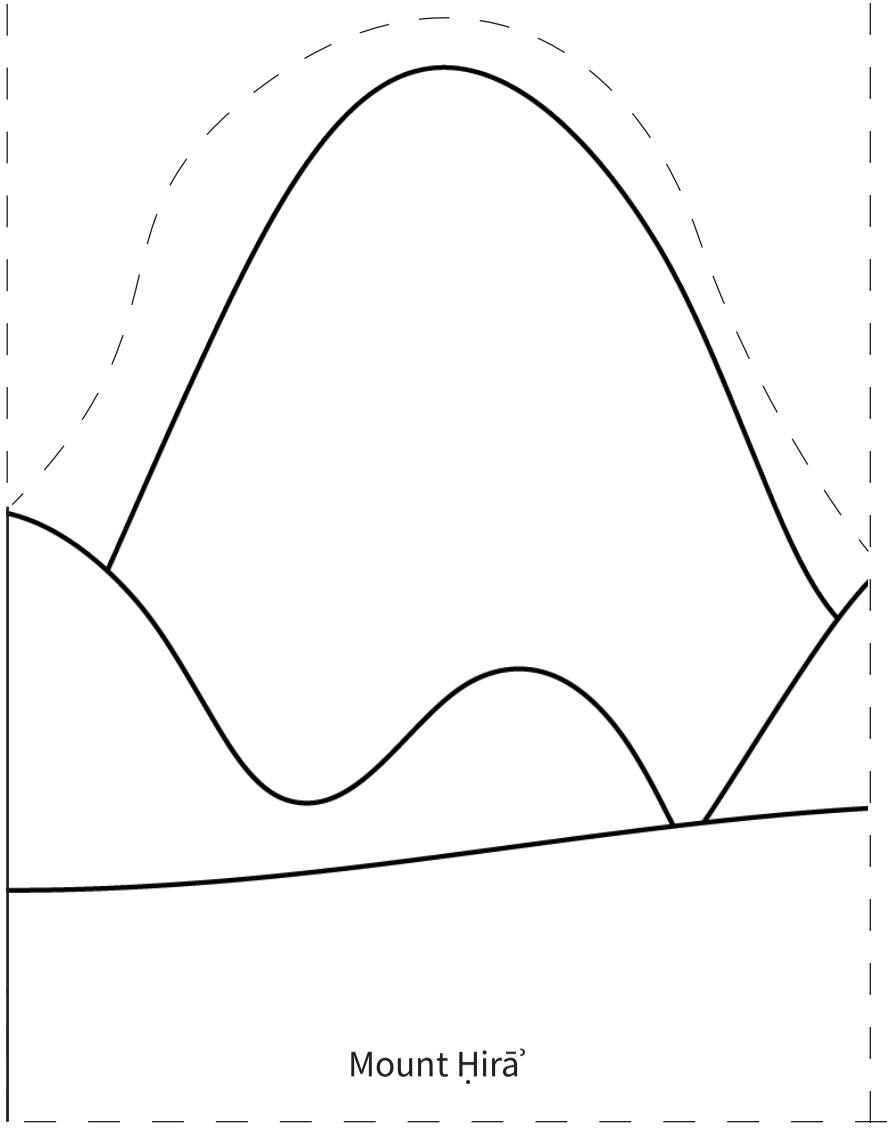
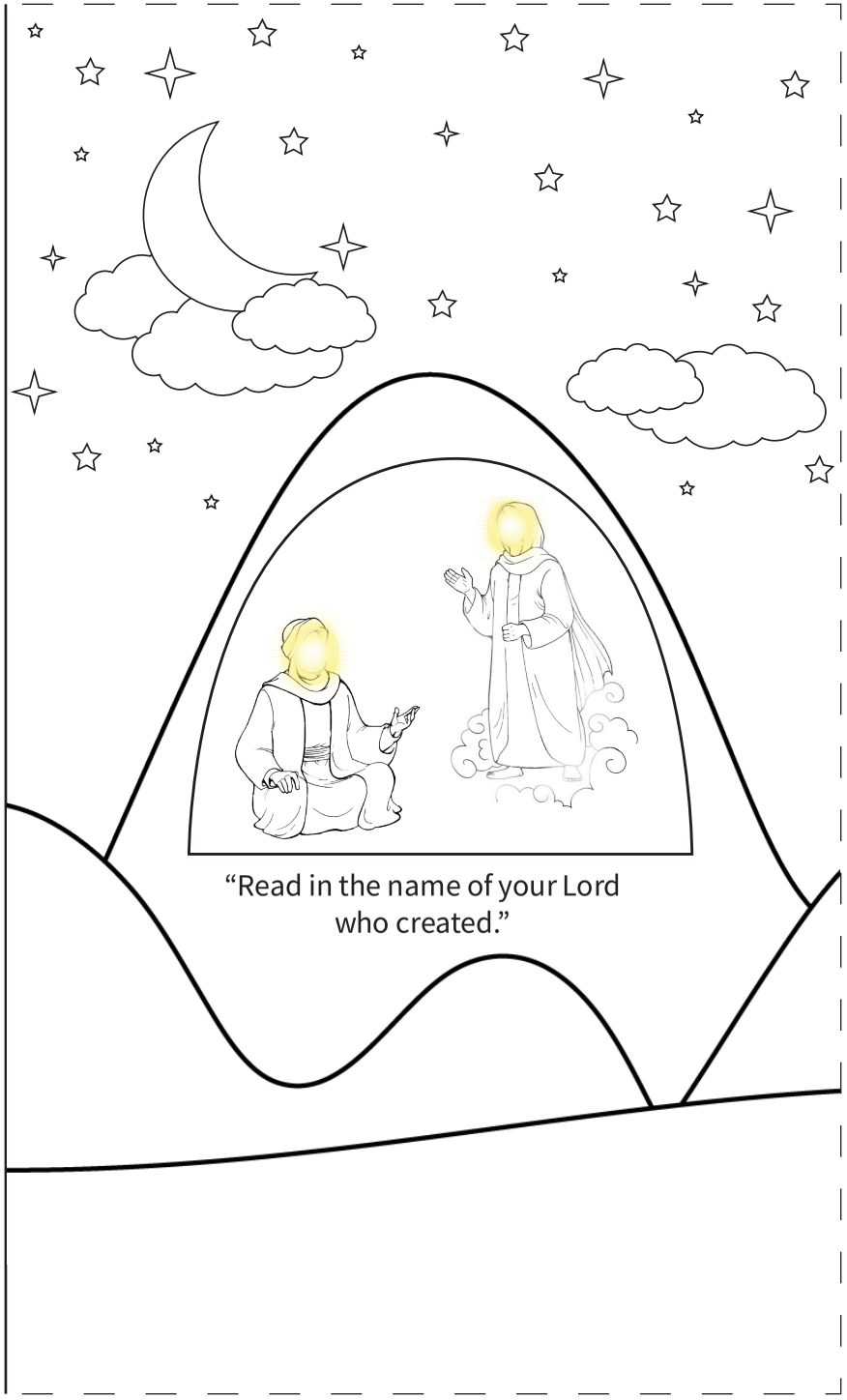
page 3; glue spine here



Mount Ḥirāʾ

last page; glue spine here



“Read in the name of your Lord
who created.”

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A Special Letter to Our Imām (ʿaj)

Objective: Children will learn about waiting for the reappearance of Imām al-Mahdī (ʿaj) during the Spiritual Season.

We have almost reached the holy month of Ramaḍān. It is the 15th of Shaʿbān, and we are celebrating a very happy occasion. It is the wilādah of the Imām of our time, Imām al-Mahdī (ʿaj)! Let us offer many duʿās and heartfelt prayers for his protection and well-being on this blessed occasion.

This Spiritual Season is a time for all kinds of worship, such as ṣalāh, fasting, and various different ʿamāl (specific acts of worship). Another great act of worship that we can perform is to prepare ourselves and pray for the reappearance of Imām al-Mahdī (ʿaj), inshāʾAllāh. The Noble Prophet (ṣ) said, "The best worship is to await the reappearance [of Imām al-Mahdī (ʿaj)]."[1] Some specific actions we can do to show we are waiting for our Imām (ʿaj) are to say salām to him and take out ṣadaqah (charity) for him every day.

We can also write a special letter to him called an *ʿarīḍah*. In this letter, we offer our duʿās for his safety and write about what we will try to improve upon so that he is happy with us. We can write to him any time of the year, but it is especially recommended to write to him on his birthday. Today, we are going to write a letter to Imām al-Mahdī (ʿaj) and send it to him in a special envelope.

1 Kamāl ad-Dīn, V. 1, P. 287.

Letter and Heart Envelope

Suggested Ages: 5+

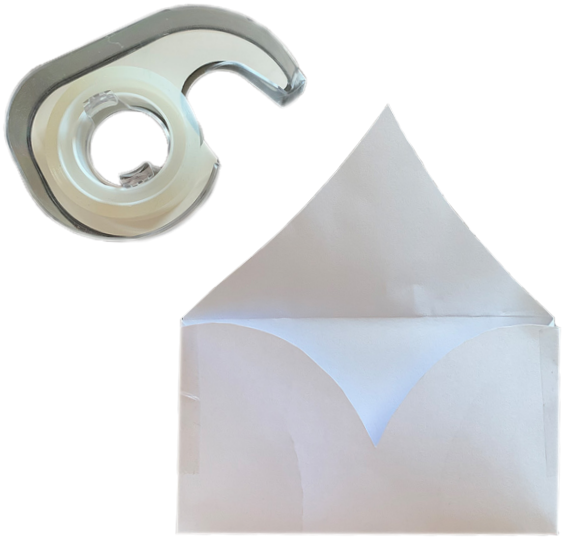
Time: 40 minutes

Materials:

- Letter and heart envelope template
- Optional: colored/patterned paper
- Crayons/colored pencils
- Scissors
- Tape

Procedure:

1. Using the template on the next page, write a letter to Imām al-Mahdī (ʿaj).
2. Cut out the letter by cutting all along the outer dotted edges.
3. Cut out the heart shape (optional: you can use a colored or patterned paper to make the envelope; trace the heart shape onto that paper and continue from step 4).
4. Place the heart flat with the point facing toward you. Fold at lines labeled A and B.
5. Now turn it so the point is facing away from you. Fold at the line labeled C.
6. Tape the folds down so that they don't open back up. Be sure not to tape it shut.
7. Color and decorate the envelope however you like.
8. Fold your letter and slip it into the envelope.
9. Now you can seal the envelope closed.



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Dear Imām al-Mahdī (ʿaj),

Salāmun ʿalaykum!

Please help me be the best I can be so that I can join your team and be your helper.

I promise to try my best to keep you happy by:

_____

_____

_____

_____

I am praying for the oppressed all around the world and pray to Allah (swt) to make you reappear soon, inshā ʿAllāh!

With Duʿās and Love,

_____

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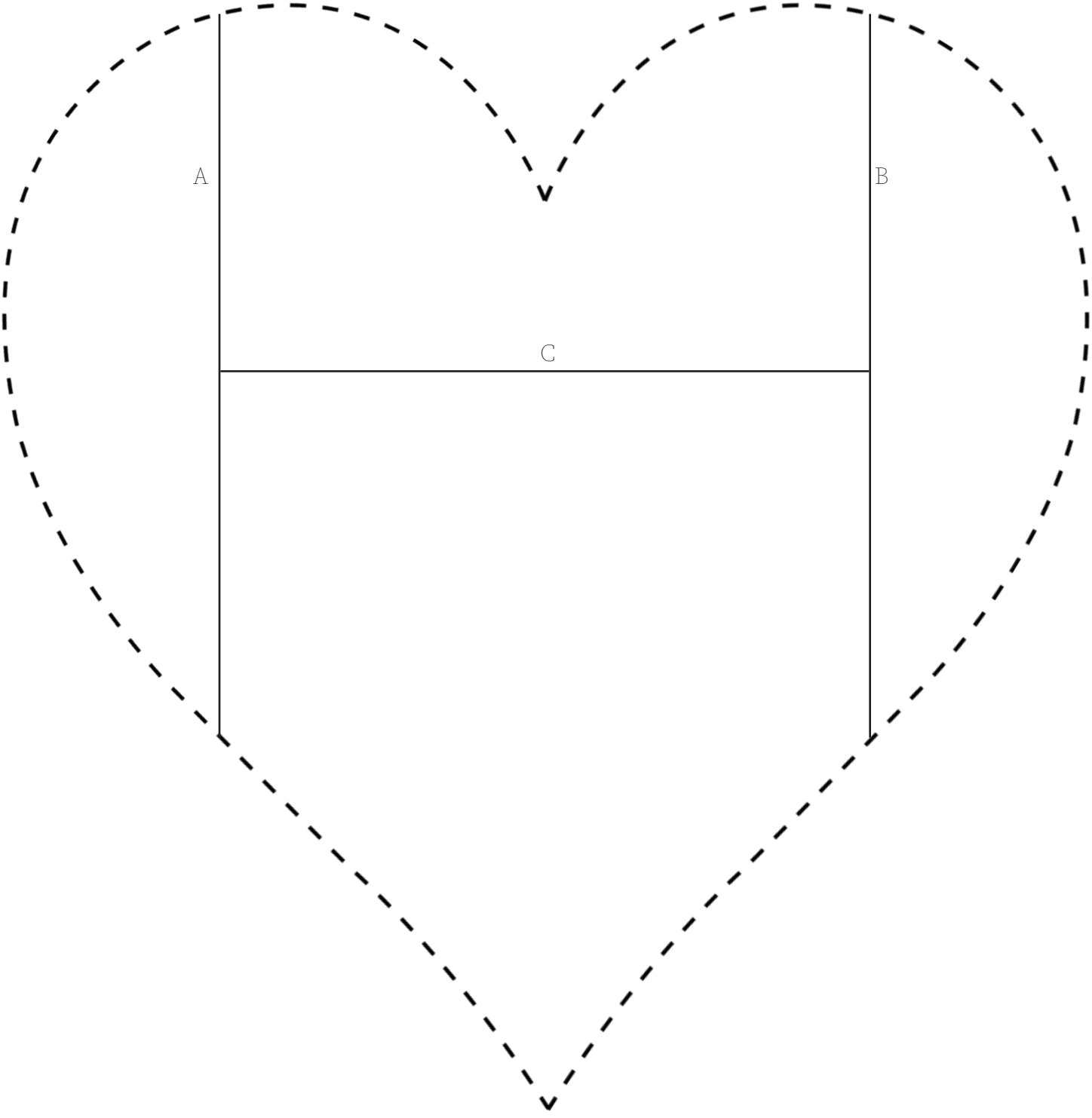
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